

2011 CHEF'S CIRCLE RECIPES

**Recipes by Former White House Executive Chef Walter Scheib
Adapted by Chef Jeff Bland - Serves Four People**

Tequila Glazed Beef Tenderloin with Fruit Salsa and Roasted Corn Sauce

Rub

- ¼ Teaspoon Cayenne Pepper
- ½ Teaspoon Cinnamon
- 1 Tablespoon Coriander
- 1 Tablespoon Cumin
- 1 Tablespoon Salt
- 1 Tablespoon Pepper
- 1 Tablespoon Lime Zest
- 1 Teaspoon Dry Mustard

Mix together all ingredients.

Beef Tenderloin Roast, around 2 pounds.



Season the beef well with the spice mix. Sear on a char grill or cast iron skillet. Place the roast on a pan, brush with the tequila glaze, and finish roasting in a hot oven until internal temperature reaches 130 degrees for medium rare. Let the roast rest 10 minutes before slicing.

Tequila Glaze

- 1 Tablespoon Olive Oil
- 1 Tablespoon Garlic
- 1 Shallot, Minced
- 1 Jalapeno, Minced
- 3 Ounces Tequila
- 2 Tablespoons Lime Juice
- 1 Tablespoon Lime Zest
- 1 Teaspoon Cumin
- 1 Teaspoon Coriander
- ¼ Cup Honey
- ½ Teaspoon Salt
- ½ Teaspoon Pepper



In a sauce pan, add the olive oil and then sauté the garlic, shallot, and jalapeno until tender, about 2 minutes. Deglaze the pan by adding the tequila and lime juice (do not do this over a flame or burner) and begin to reduce. Add the cumin, coriander, honey, salt and pepper and reduce liquid by half or until it begins to thicken into a syrup.

Salsa

1 Tablespoon Olive Oil
1 Teaspoon Minced Garlic
1 Tablespoon Minced Jalapeno
½ Cup Diced Red Onion
1 Cup Diced Tomato
½ Teaspoon Coriander
½ Teaspoon Cumin
2 Tablespoons Lime Juice
Dash Hot Sauce
½ Cup Diced Fresh Fruits (mango, peaches, berries etc.)
¼ Cup Cilantro, chopped
Salt and Pepper to taste.

Mix all ingredients together and refrigerate until ready to serve.

Roasted Corn Sauce

2 Cups Corn Kernels
2 Tablespoons Olive Oil
½ Cup Yellow Onion, diced
1 Teaspoon Minced Garlic
1 Cup Chicken Stock
1 Chipotle Pepper in Adobo Sauce
½ Teaspoon Cumin
½ Teaspoon Coriander
Salt and Pepper to taste

Roast corn kernels on a pan until they just start to brown slightly.

In a sauce pan, add the olive oil, onion, and garlic; sauté until tender, about 3 minutes, do not brown. Add the corn and sauté for an additional 2 minutes. Add the chicken stock, pepper, cumin, coriander and simmer for 10 minutes. Puree with a stick blender or stand blender, season with salt and pepper to taste. Hold warm until ready to serve.

Berry Cobbler

Filling

2 Tablespoons Cornstarch
2 Cups Fresh or Frozen Berries (Blackberries, raspberries, blueberries, cherries)
½ Cup Brown Sugar
¼ Cup White Sugar
2 Tablespoons Lime Juice
½ Teaspoon Cinnamon
1 Teaspoon Lime Zest
½ Ginger

Toss the berries with the cornstarch. Gently mix in the remainder of the ingredients and combine until everything has blended together. Pour into a greased casserole dish and top off with the cobbler topping.

Cobbler Topping

1 Stick Unsalted Butter, softened
¾ Cup Brown Sugar
¼ Cup White Sugar
1 Cup Cake Flour
½ Tablespoon Baking Powder
¼ Teaspoon Salt
2 Tablespoons Water
¼ Cup Chopped Pecans



Mix together the butter, brown sugar, and white sugar until the mixture has lightened in color. Sift together the flour, baking powder, and salt and begin to incorporate into the butter-sugar mixture.

Add in the water and pecans; continue to mix until the topping is slightly crumbly.

Drop the cobbler topping over top of the cobbler mixture; it is ok to have openings. Brush with a cream and egg mixture. Bake at 350 degrees until cobbler has set, 30 to 40 minutes.

Serve in dishes and top with fresh whipped cream and a scoop of ice cream.

Note: The original recipe was made with blackberries, peaches, and crystallized ginger. Please feel free to use any combination of fruits you like to make this cobbler.

Recipes by Chef John McCrady

Executive Chef for Salem Catering & the Salem Civic Center

Gazpacho

1 64 oz bottle V8 juice
3 green peppers diced
3 cucumbers skinned and seeded diced
1 large yellow onion
4 tsp chopped garlic
Cayenne pepper to taste
1 cup olive oil
 $\frac{3}{4}$ cup red wine vinegar

Mix all and puree maybe a $\frac{1}{4}$ to give soup some body.
Serve cold. Always best the second day



Fruit Salsa

$\frac{1}{2}$ cantaloupe
2 jalapenos diced
1 small yellow onion
Chopped cilantro to taste
Juice of 1 lime
Salt to taste



FRUIT SALSA



GAZPACHO

Enjoy as dip or try on grilled chicken or fish

Avocado Salsa

3 ripe avocados
2 jalapenos diced
1 large spring onion sliced
1 large tomato diced
Juice of 1 lime
Salt to taste
Dark chili powder to taste



AVOCADO SALSA

Great on chips or on a sandwich of fish or chicken

Chicken Quesadillas

8 chicken thighs skinned and boned
4 pasilla peppers or poblanos
1 large yellow onion
1 tbsp chopped garlic
4 cups chicken stock
Oregano, Cumin, Salt and Pepper to taste
Tortillas and cheese



Brown thighs in olive oil on both sides and remove.
Sauté onion peppers and garlic and add oregano and cumin
Once peppers and onions are soft add chicken back in and add chicken stock
Reduce liquid to the point the thighs are easily shredded with two forks and reduce as much liquid without burning.

In a sauté pan preferably non-stick add a bit of butter and place tortilla flat, sprinkle with shredded cheese (of your liking)
And add chicken mixture to ½ of the tortilla and fold over in half. Brown both sides, remove, cut in 1/2 or ¼'s and enjoy
With either salsa and a cup of chilled gazpacho.



CHICKEN QUESADILLAS

Recipes by Chef James Zeisler

Director of Culinary Institute of Virginia Western

Apple and Raw Beet Salad Recipe

Yield: 6 servings

1 teaspoon grated fresh ginger
1 pound fresh beets, peeled
1 large Granny Smith
3 tablespoons sherry vinegar
½ teaspoon coarse grain salt
1/8 teaspoon cracked black pepper
1-2 tablespoons extra-virgin olive oil



Grate ginger with a microplane or ginger grater. Grate apple and beets. Toss with ginger.

Add sherry vinegar, salt, pepper to bowl and toss to coat evenly. Add olive oil.

Continue to combine.

Serve immediately or keep refrigerated.

Strawberry Rhubarb Vinaigrette

Yield: about 2 cups

1 cup chopped fresh rhubarb
1 ¼ cup chopped fresh strawberries
1 tablespoon sugar
1/3 cup red wine vinegar
¾ cup canola oil
¼ teaspoon Dijon mustard



ZEISLER

Simmer first 4 ingredients in a non-reactive saucepan (like stainless steel, not aluminum), until tender, about 10 minutes. Puree with food processor, blender or immersion blender, strain into a large bowl and let it cool.

Once cool, whisk in canola oil and Dijon mustard.

Serve over salad greens

Cold Peach Soup

Yield: about 5 cups

1 ½ pounds fresh, ripe peaches –
peeled, pitted and sliced
2 cups sour cream
1 cup orange juice
1 cup pineapple juice
½ cup dry sherry
2 tablespoons lemon juice
Sugar as needed or honey



Puree peaches in food processor until smooth. Add remaining ingredients except sugar and blend well. Pass soup through a fine strainer. Add sugar to taste.
Serve Chilled.
Best to chill bowls before serving soup.



Chef Zeisler & His Star Pupils

Recipes by Chef Chris Parkhurst

Cantaloupe Chutney

Ingredients

2 small cantaloupe, cut in 1-inch squares (about 8 cups)
½ cup red wine
¼ cup chopped fresh mint
¼ cup chopped fresh basil/oregano/parsley
¼ cup apple cider vinegar
3 Tbsp. olive oil
2 Tbsp. fresh ginger (chopped fine)
2 Tbsp. honey
1 Tbsp. lemon juice
1 Tbsp. kosher salt
1 Tbsp. freshly ground black pepper
1 tsp. coriander seeds
1 tsp. cumin
1 tsp. curry powder



Parkhurst



Instructions

1. Combine the cantaloupe, sugar, coriander seeds and oil in large pan and begin caramelizing on med.-high heat.
2. When the cantaloupe becomes golden brown, add wine and ginger and continue until liquid is almost gone. Then add remaining ingredients and turn heat to low.
3. Simmer for about 10-15 more minutes then remove from heat.
4. Season with salt and pepper to taste.

Cold Cucumber Soup

3 large cucumbers (peeled, seeded, sliced)
½ cup chicken or vegetable stock
½ cup sour cream or crème fraîche
½ cup yogurt
2 Tbsp. garlic
2 Tbsp. lemon juice
3 Tbsp. chopped mint
kosher salt and pepper to taste



Place cucumbers, stock, yogurt, cream, garlic and lemon juice in food processor and blend until smooth. Stir in the mint and season to taste. Serve well chilled.

Poached Peaches with Mint

Ingredients

6 firm, ripe peaches
6 cups water
1 large sprig of mint, plus extra for garnish
1 vanilla bean, split
½ cup raw sugar
1 Tbsp. kosher salt
2 Tbsp. lemon juice



Method

- 1 In a large saucepan, combine water, sugar, vanilla bean, lemon juice, salt, and mint. Bring to a boil and simmer for 2 minutes.
- 2 Score an "X" onto bottoms of peaches, add peaches to saucepan and simmer very gently for 6-10 minutes, until easily pierced with a skewer.
- 3 Remove peaches with a slotted spoon and let cool slightly. Peel peaches and return to syrup.
- 4 Can be served warm or cold with vanilla ice cream. Garnish with mint.

Recipes by Chef Michele Carder

Mini Joes

1 ½ lb ground beef
2 tbsp fresh chopped garlic
3 TBSP chopped onion
3 TBSP diced green peppers
2 TBSP brown sugar

3 TBSP red wine or sherry wine
1 ½ tsp mustard
½ cup ketchup
1 tsp Worcestershire sauce
Salt & pepper to taste



*Sautee ground beef with garlic, onion and diced green peppers. Drain grease. Add remaining ingredients and simmer approximately 15 minutes. Serve in a bun or bread of your choice.

Mediterranean Green Beans

2 lb fresh snapped green beans
canned)
6 cups water
2 TBSP butter or margarine
2 TBSP olive oil
2 TBSP chopped garlic
¼ cup chopped onion
¼ tsp garlic powder

2 cups diced, peeled tomatoes (fresh or
canned)
2 TBSP lemon juice
3 TBSP white wine
Salt & black pepper to taste
1/8 tsp white pepper
2 TBSP Fresh chopped mint

*Boil fresh green beans until tender (about 45 minutes), drain. Melt butter & oil in pot and add green beans, garlic, onion and tomatoes. Sautee 15 minutes. Add all other ingredients and continue to simmer over medium high heat for approximately 30 minutes longer or until most of the liquid has reduced.

Sassy Slaw

3 cups shredded green cabbage	2 TBSP red wine vinegar
½ cup shredded carrot	½ cup sugar
¾ cup shredded purple cabbage	Dash white pepper
2 cups mayo	Salt and pepper to taste



*Mix mayo, vinegar and sugar in a bowl, set aside. Combine the green cabbage, purple cabbage and carrot in large bowl. Sprinkle salt, pepper and white pepper over cabbage mixture and let sit 10 minutes. Add the dressing mixture to the cabbage blend and mix just until blended, let sit 10 more minutes. The vinegar will pull color from the purple cabbage, creating an attractive pink colored dressing.

Blueberry Strudel

1 cup Blueberries	2 TBSP melted butter
1- 8oz block cream cheese, softened	1 tsp lemon juice
½ cup sugar	2 TBSP sugar, additional
1 sheet of puff pastry, thawed in refrigerator	Sprinkle of cinnamon



*Preheat oven to 350 degrees. Mix softened cream cheese, sugar and lemon juice with a mixer. Gently fold in blueberries. Unfold puff pastry sheet horizontally lengthwise onto a greased or sprayed sheet pan. Spoon cream cheese mixture along the bottom edge of the puff pastry sheet. Gently fold the puff pastry over the mixture and continue to roll jelly-roll style until a log shape is created. Cut 5 slits on the top of the Strudel. Brush top with melted butter and sprinkle with cinnamon and sugar. Bake for approximately 20-25 minutes or until golden. Optional: Drizzle hot strudel with honey and serve with vanilla ice cream. DELISH!

Recipes by Nancy Maurelli & Lindsey Nair

FRESH HERB VINAIGRETTE (oil & vinegar based dressing)

Makes about two cups. Store in bottle in refrigerator up to three weeks.

2 peeled shallots
2 cups leaves from fresh herb/s of choice, stems removed
1-2 Tablespoons Dijon mustard
2 cloves fresh garlic, peeled
½ cup wine vinegar (red OR white OR champagne!)
Do NOT use white vinegar!
1 teaspoon EACH: sea salt AND sugar
½ teaspoon ground black pepper (optional, to taste)
2/3 cup EACH: extra virgin olive oil AND organic canola oil



Place shallots, herbs, mustard, garlic, wine vinegar, sea salt, sugar and black pepper in container of blender. Process until shallot and garlic are well minced. With motor running, drizzle in the oil. Taste and adjust seasoning as desired.

Try this on potatoes, green beans, tomatoes, tuna fish, green beans, lentils or mixed green salad. You can also mash with hard cooked egg yolks instead of mayonnaise for a savory variation on devilled eggs.

TRADITIONAL SALADE NICOISE: This is a “composed” salad (i.e. NOT all mixed together in a bowl) that includes chunks of tender new potato, lightly steamed fresh green beans, ripe tomatoes, hard boiled egg wedges, nicoise olives, and flaked tuna (look for wild caught, sustainably harvested fish). This is a great main dish cold dinner in the heat of summer. Arrange all ingredients artfully on a beautiful serving dish and drizzle liberally with the herb vinaigrette.



TRIED & TRUE TABOULEH

Makes about six cups, 4-8 servings. Store in covered container in refrigerator up to 5 days. Best flavor if you let it sit at room temp for 30 minutes before serving.

If you can boil water, you can make this traditional Middle Eastern grain salad using either bulgur wheat OR high protein quinoa. This tastes better if made ahead: great for picnics or camping...

1 cup water with 1 teaspoon sea salt
½ cup bulghur wheat OR ¾ cup quinoa
2 cucumbers, peeled if waxed, seeds removed and diced fine
½- 1 teaspoon sea salt (to taste)
2 cloves garlic, peeled
½ teaspoon ground cumin (to taste)
4 sprigs fresh spearmint (OR sub 1 teaspoon dried)
3-4 tablespoons lemon juice (I use organic bottled lemon juice.)
2-3 tablespoons extra virgin olive oil
2 cups chopped parsley leaves (remove large stems)
3-4 chopped green onions
4-6 ripe plum tomatoes, diced
OPTIONAL: pinch of cayenne; 1 cup soaked, cooked, drained chickpeas



Bring water and one teaspoon salt to a boil. Rinse quinoa thoroughly in a fine mesh strainer under cold water. Add quinoa to pot, cover and simmer until tender, about 10-12 minutes. If using bulghur wheat, simply put grain in heatproof bowl and pour the boiling water over. Cover and allow to absorb liquid (about 20 minutes) while preparing other ingredients.

Peel cucumbers (if waxed), cut in half lengthwise and scoop out seeds. Cut into small dice and place in fine colander; toss with ½ teaspoon sea salt and allow to drain while preparing other ingredients.

Tabouleh continued

To make dressing, combine garlic, cumin, mint, olive oil, lemon juice and cayenne pepper in blender and puree. Taste and add salt/adjust seasoning as desired.

Drain any excess water out of grain. When dry and cooled to room temperature, place in large mixing bowl and add drained cucumbers, parsley, green onions, and chopped tomatoes and optional chickpeas. Top with dressing and fold together gently with a rubber spatula (this avoids mashing ingredients).

This salad with the chickpeas can be a main dish accompanied by pita crisps, yogurt dip and fresh melon. OR use it as a yummy side dish to grilled chicken or lamb skewers. Try it instead of potato salad to round out a sandwich meal.

REALLY FABULOUS QUICK ZUKE PICKLE

This one tastes great and transforms a simple sandwich into a well-rounded meal. It needs marination time but keeps like a champ, at least ten days in the 'fridge. Makes about 6 cups, 10-12 servings.

4 medium zucchini, ½" half moons
1 cup EACH: thinly sliced yellow bell pepper
AND thinly sliced red onion AND thinly sliced
celery AND apple cider vinegar
½ teaspoon celery seed, lightly crushed
2 teaspoons unrefined sea salt
1 teaspoon ground black pepper
2/3 cup honey or agave nectar
¼ cup EACH: red wine vinegar AND organic canola oil



Wash and cut all vegetables, placing in large heat-safe mixing bowl.

In saucepan over medium high heat, combine apple cider vinegar, celery seed, sea salt, black pepper and red wine vinegar. Bring to a boil and cook one minute, uncovered. Remove from heat and stir in honey and oil.

Immediately pour hot dressing over veggies and stir to coat well. Put in container so that veggies are mostly under the liquid. Cover and refrigerate at least 12 hours before serving. Lift pickled veggies out of liquid before serving.

You can "reuse" the dressing by straining out any vegetable matter, reboil, add fresh vinegar and salt to taste (NOT necessarily the original amounts).



NANCY'S CANNOLI CREAM

Makes about three cups; 8-12 "dollop" size servings or dip for cookies. Refrigerate.

½ cup whole raw almonds, preferably organic
15 oz. part-skim milk ricotta (I like Breakstone brand); do NOT use fat-free!
¼ cup orange marmalade (to taste)
1 teaspoon pure vanilla extract
½ teaspoon pure almond extract
Tiny pinch of sea salt
½ cup real bittersweet or semisweet chocolate chips; mini chips are nice
Raw honey or agave nectar for additional sweetness, if desired

Toast almonds in skillet or toaster oven until fragrant, about 6 minutes. Put in processor and pulse to chop coarsely. Set aside. Using processor, whisk or electric mixer, beat ricotta until smooth. Blend in marmalade, extracts and salt. Taste and adjust flavoring and sweetener if desired. Finally, stir in almonds and chocolate chips. Chill thoroughly before serving as a topping for ripe peaches, strawberries or pitted sweet cherries. This luscious, protein-rich topping could also be used as a cake filling or frosting; finished product needs to be refrigerated.

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